# HEALTH NEEDS **ASSESSMENT SURVEY** 2019

#### A total of 902 members of staff completed the survey

#### FOOD AND NUTRITION

# 88.8%

eat 1 or more pieces of fruit and/or vegetables at work each day

#### Top 3 things that would encourage people to eat more fruit and/or vegetables:

- 1. Access to fruit at subsidised prices (66.8%)
- 2. Healthy meal choices in your canteen (54.4%)
- 3. Healthy choices in vending machines (44.3%)

#### WORKPLACE CULTURE

#### % of respondents agreeing with statements about workplace culture:

82.2% In our own work, it is possible to learn new things and skills

68.3% Feel a sense of accomplishment from what you do at work

64.9% You have overall job satisfaction

62.4% I feel listened to

55% Feel under strain at work

### PHYSICAL ACTIVITY

#### Top 3 things preventing people becoming physically active:

85.1%

- 1. Lack of time (59%)
- 2. Work/life balance (51.2%)
- Childcare/family commitments (27.8%)

have been physically active in the last 6 months

#### LINE MANAGERS

#### % of line managers confident to discuss or provide support on issues:

85.3% Sickness absence

75.9% Workplace adjustments

71% Work/life balance issues

65.2% Mental health e.g. stress

52.9% Bullying or harassment

#### WORKPLACE ILLNESS

## 20.3%

have suffered from an injury or illness that was either caused or made worse by your current job in the last 12 months

#### Common themes in responses about workplace illness:

- Stress
- Anxiety
- Depression
- Heavy workload
- Poor office environment (e.g. harsh lighting, open plan allowing illnesses to spread)

#### WWW.WARWICK.AC.UK/EQUALOPS